



FRONTLINE FEBRUARY 26, 2018 TRIBUNE

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COMPASSION is our
PASSION



The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital
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World Kidney Day

March 8th is World Kidney Day. This is an international campaign aimed at increasing awareness of kidney disease. This year, World Kidney Day and International Woman's Day will be observed on the same day. In recognition, our theme this year is woman's health with a focus on kidney health.

Chronic kidney disease (CKD) is a non-communicable disease that affects nearly 1-10 people worldwide. CKD is the 8th leading cause of death in women across the globe. That means nearly 600,000 woman die every year from kidney related problems. There are certain conditions that put woman at increased risk, namely autoimmune disorders like Lupus and infections like pyelonephritis. Women with renal disease are at increased risk for developing kidney complications during and after pregnancy.

The goal of the global medical community is to take this opportunity to focus on prevention and early detection as a means of reducing the burden of kidney disease within our communities. Through efforts at the local, provincial and international levels, we strive to provide affordable and equitable access to health education, care and preventative screening programs for all woman and girls across the globe.

In 2012, the Ontario Renal Network (ORN) was established as a collaboration between patients, health care providers and provincial leaders with the goal to improve the lives of those at risk for and living with CKD. The ORN's "Home First" philosophy is a great example of the tangible improvements that have made a direct impact on our patients. At Windsor Regional Hospital, the Home First model begins with our Multi-Care Kidney Clinic (MCKC) and Home Program Teams. Through the fierce determination and the tireless efforts of our team, we have increased the percentage of patients receiving home dialysis (peritoneal and home hemodialysis) to an all time high of 19.4% making it one of the fastest growing Home Programs in Ontario.

I want to send out a special thanks to our nurses, nurse navigators, social workers, dieticians, pharmacists, physicians, managers and administration for their efforts in improving the delivery of kidney care within our community. Please join us on March 8th at WRH Ouellette Campus as we celebrate World Kidney Day. Our friendly kidney staff will be on hand to provide education and answer questions. At the very least, come by to have your blood pressure checked and enjoy a kidney friendly snack.

Thanks for all you support!

Dr. Dana Walters
WRH Medical Lead Renal Program



WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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Visit our website for more information at www.wrh.on.ca



UPCOMING EVENTS

- MAR 03** Windsor Express Game For Hats On For Healthcare
WFCU Centre
8787 McHugh Street, Windsor
- MAR 07** Hats On For Healthcare Day
www.hatsonforhealthcare.com
- MAR 07** WRH Charity Pasta Night
Riverside Sportmen Club
10835 Riverside Drive East, Windsor
- MAR 08** International Women's Day
Ciociaro Club
3745 North Talbot Road, Windsor
- MAR 14** WRH Charity Pasta Night
Riverside Sportmen Club
10835 Riverside Drive East, Windsor
- MAR 21** WRH Charity Pasta Night
Riverside Sportsmen Club
10835 Riverside Drive East, Windsor
- MAR 28** St. Clair College Pizza Luncheon
St. Clair Centre For The Arts
201 Riverside Drive West, Windsor
- MAR 28** WRH Charity Pasta Night
Riverside Sportmen Club
10835 Riverside Drive East, Windsor
- APR 25** Charity Euchre Tournament
Windsor Star Café
300 Ouellette Avenue, Windsor
- MAY 24** WRH Charity Golf Tournament
Essex Golf & Country Club
7555 Matchette Road, LaSalle
- JUL 09** Julian Small Golf Tournament
Essex Golf & Country Club
7555 Matchette Road, LaSalle



The 1918 flu was an unusually deadly influenza pandemic. It infected 500 million people around the world, including people on remote Pacific islands and in the Arctic, and resulted in the deaths of 50 to 100 million (3-5% of the world's population), making it one of the deadliest natural disasters in human history.

Julian Small Tournament - The Next Chapter!

After a very difficult labour and delivery in January 2002, Julian Small was born with some medical complications and as a result, spent time in Windsor Regional Hospital's Neonatal Intensive Care Unit (NICU). His parents were so profoundly affected by the experience they founded the Julian Small NICU Charity Pro Am to benefit patients and families requiring the specialized services of the WRH NICU. From 2004 to 2011, this tournament raised over half a million dollars.

Julian is now a healthy and happy 16 year old! He has inspired his family to take the tournament out of retirement to improve the experience of our community's smallest and most vulnerable members. The Julian Small NICU Golf Tournament will be held on Monday, July 9, 2018.

For more information visit www.juliansmall.ca.



VENDORS ON DISPLAY FEBRUARY 26 - MARCH 2, 2018

Met Campus:

Red Diamond Nuts, Funky Living, Azara Boutique, Lories Glass, Sweetlegs

Ouellette Campus:

Coconut oil of Canada, Red Diamond Nuts

*Please note: Vendors subject to change.

INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



Dr. Maneesh Sud
PHYSICIAN
MEDICINE
GENERAL CARDIOLOGY



Randall Hayes
ENVIRONMENTAL SERVICE
WORKER
HOUSEKEEPING



Dr. Krupa Dighe
PHYSICIAN
MEDICINE
GERIATRICS



Nicolas Duronio
RENAL
CLINIC
VOLUNTEER SERVICES

Love Is...
A Heart-Shaped Pizza* from Antonino's
and supporting local Heart Care

AVAILABLE FEBRUARY 1 TO 28

- *HEART-SHAPED PIZZA
- *HEART-SHAPED NUTELLA PIZZA
- *HEART-SHAPED CINNAMON STICKS

4310 HOWARD AVENUE
519-969-1959

1695 MANNING ROAD
519-979-9759

6535 MALDEN ROAD
519-978-250



*The Best Pizza in town or
your money back...Every Penny!*
originalpizza.ca

* \$1 from the sale of each Heart-Shaped menu item will be donated to the Windsor Regional Hospital Cardiac-Angioplasty Program.



CHARITY EUCHRE TOURNAMENT

WRH Regional Trauma Program & Injury Prevention

Hosts:
Greg Monforton and Partners
Personal Injury Lawyers
and DMARehability

Location:
The Windsor Star Café
300 Ouellette Ave., 3rd Floor,
Windsor, ON

When:
Wednesday, April 25th, 2018
6:00pm to 9:00pm

Tickets:
\$45 per person
(Includes delicious light snacks, networking and lots of fun!)

R.S.V.P. by April 2, 2018

Cheryl Scollard at cscollard@dmarehab.com or call, (866) 309-0046 ext. 348



Get your "Hats On" and make a difference for healthcare in your community!



HATS ON FOR HEALTHCARE

WEDNESDAY, MARCH 7, 2018

2018 CAMPAIGN SUPPORTING THE NEONATAL INTENSIVE CARE UNIT (NICU) AT WINDSOR REGIONAL HOSPITAL

The 9th Annual "Hats On For Healthcare" is a fundraising initiative supporting Windsor Regional Hospital. Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for the Neonatal Intensive Care Unit (NICU) at Windsor Regional Hospital.

Participating in the 2018 "Hats On For Healthcare" is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.

www.hatsonforhealthcare.com

Windsor Spiffires Hats On For Healthcare Night on February 22, 2018



Transit Windsor Discounted Passes For Windsor Regional Hospital Staff

Transit Windsor offers discounted prices for bus passes for organizations/businesses who offer it to their employees. Windsor's Corporate ValuPass is cheaper than the regular adult pass.

Transit Windsor has recently indicated to us that they will waive the minimum number required to do this. Passes would be made available only to employees and not their family members.

If you are interested, please contact Public Affairs for more information.



March is National Nutrition Month



THE POTENTIAL TO FUEL

Stay energized by planning nutritious snacks into your day. The Nutrition Month 2018 campaign is "Unlock The Potential Of Food" and features the potential of food to fuel, discover, prevent, heal and bring us together -- with the help of dietitians. Visit NutritionMonth2018.ca

Nutritious snacks, in the right portion sizes, can be part of a healthy eating plan. Almost half of all Canadians say that eating a balanced diet is challenging for them because they are so busy. They often skip meals, and close to 30 per cent of Canadians say they snack to stay fueled in a busy day. This Nutrition Month, dietitians want to remind you of the power of snacking to stay fueled all day long.

FIVE TIPS FOR HEALTHY SNACKS

Snacks are foods or drinks that are consumed between meals. When you're on-the run during a busy day, think of snacks as mini-meals that offer some nutritional value and an energy boost. Examples are an apple with peanut butter or cheese with crackers. These are different than treats, such as cookies, chocolate and chips, which are not as nourishing as snacks.

Choosing healthy snacks can be a great way to get all the nutrients your body needs each day. Here are five helpful snacking tips:

- Plan ahead. Keep a variety of healthy, ready-to-eat snacks on hand for when you're hungry, like veggies, nuts and cubed cheese. Being prepared helps you avoid less-healthy treats.
- Be aware of portion sizes. Instead of snacking from a large bag or box, take a portion and put it on a plate or bowl.
- Listen to your hunger cues. Ask yourself: am I truly hungry, or am I eating because I am bored, tired or stressed?
- Skip distracted snacking! Avoid munching while looking at a screen, driving or working. You may eat more than you need if you're distracted from your feeling of fullness.
- Snack on vegetables! About half of all Canadians don't eat enough vegetables or fruit. Snacking on them between meals is a great way to add an extra serving or two to your day.

HEALTHY SNACK IDEAS

We asked dietitians about their favourite snacks. They recommend looking for snacks with some protein and fibre. Here are 11 great ideas!

- Carrots and peppers with hummus
 - Almond butter on banana slices
 - Greek yogurt topped with berries
 - Whole grain toast with peanut butter
 - Cheddar cheese and apple slices
 - Small handful of trail mix made with nuts, seeds and raisins*
 - Roasted chickpeas and popcorn mix*
 - Whole grain cereal with milk
 - Sliced vegetables with yogurt dip
 - Tuna on crackers
 - Whole grain toast with avocado and sesame seeds
- *Great to keep in your bag, car or desk drawer



HATS ON FOR HEALTHCARE WINDSOR EXPRESS VIP TICKETS

Special VIP floor seating area for our "Hats On For Healthcare" guests

SATURDAY, MARCH 3, 2018 / 7PM
WFCU CENTRE - TICKETS: \$40 EACH

Tickets can be purchased from the Public Affairs/Foundation office at both the Met & Ouellette Campuses.

PROCEEDS FROM TICKET SALES FROM THE GAME BENEFIT THE 2018 HATS ON FOR HEALTHCARE CAMPAIGN SUPPORTING THE NEONATAL INTENSIVE CARE UNIT (NICU) AT WINDSOR REGIONAL HOSPITAL

hatsonforhealthcare.com